



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

COMMUNITY PARKS I DIVISION



Clairemont Area

Recreation Centers, Parks, Community Pool and Community Service Center

Fall Program 2006

Effective through January 20, 2007



NORTH CLAIREMONT RECREATION CENTER

4421 Bannock Avenue San Diego, CA 92117 (858) 581-9926



CLAIREMONT COMMUNITY POOL

3601 Clairemont Drive San Diego, CA 92117 (858) 581-9923

SOUTH CLAIREMONT RECREATION CENTER

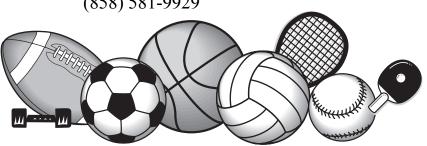
3605 Clairemont Drive San Diego, CA 92117 (858) 581-9924

TECOLOTE RECREATION CENTER 4675 Tecolote Road

San Diego, CA 92110 (858) 581-9930

CADMAN RECREATION CENTER

4820 Avati Drive San Diego, CA 92117 (858) 581-9929



CLAIREMONT COMMUNITY SERVICE CENTER

4731 Clairemont Drive San Diego, CA 92117 (858) 581-4111



PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

North Clairemont Recreation Center

General Information
(Programs and fees subject to change without prior notice.)

HOURS OF OPERATION

Monday	12:30 p.m 7:30 p.m.
Tuesday	12:30 p.m 7:30 p.m.
Wednesday	12:00 p.m 8:00 p.m.
Thursday	12:30 p.m 7:30 p.m.
Friday	1:00 p.m 7:00 p.m.
Saturday	10:00 a.m 3:00 p.m.
Sunday	CLOSED

Call the gymnasium for open play hours.

STAFF

Cathy Anzuoni	Area Manager II
Lance Allison	Center Director III
Ian Lawler	Recreation Leader I
Hector Rios	Recreation Leader I
Antoinette Smith	Recreation Leader I
Eric Strong	Recreation Leader I
Anthony Buggs	Grounds Maintenance Worker II
Gary McKee	Grounds Maintenance Worker II

RECYCLING

The recycling bin is located in the parking lot. Cans, bottles and newpapers can be dropped off. The money earned from this bin is used to help fund many of the programs and projects of the community recreation center. "It's likeable to be recyclable."

PARK RESERVATION INFORMATION

For information about reserving the following parks for sporting events, picnics, parties, etc., please call the Center Director at (858) 581-9926 or fax (858) 581-9709.

•Olive Grove •Mt. Acadia •Gershwin •North Clairemont Athletic Fields •MacDowell

•East Clairemont Athletic Fields •Mt. Etna

Please note: Permits for Olive Grove Park have the following restrictions. No party jumps or groups of 75 or more.

RECREATION COUNCIL

The North Clairemont Council meets the third Wednesday of each month at 7:00 p.m. in Room #2. Membership is open to the public. The council serves as an advisory group to the City of San Diego Park and Recreation Department.

Adult Programming

VAVI CO-ED FOOTBALL & SOCCER

VAVI social club offers an adult co-ed flag football league Wednesday evenings, and a co-ed soccer league on Saturday mornings, at the North Clariemont Recreation Center's Athletic Field. For details, contact Paul Soco at www.govavi.com or call (858) 273-3485.

ADULT BASKETBALL

For ongoing *Women's League** contact League Director Ron at (858) 672-1727. Monday (ongoing) 6:00 p.m. - 9:00 p.m.

For Men's League* call Steve Pond at (619) 224-0399.

Days: Tuesday (C/Company league)

Wednesday (C league)

Cost: \$300.00/Team plus

\$27.00/Team/game for officials & score keepers

*Starting mid-September.

ADULT SOFTBALL

Men's and co-ed adult softball leagues available, call Pete McNamara at (858) 453-6208.

ADULT SELF DEFENSE

Kai Ling Do School of Self Defense is a martial arts system that teaches street self-defense, discipline and respect. Instructor and founder is Sigung Gary Reinhardt, sixth degree black belt with over 24 years of experience. His assistants are Stephen DeCellas and Don Anderson. The emphasize is to develop responsibility and humility in each student.

Ages: 13 - 75 years old Cost: \$45.00/month

Day: Thursday Time: 6:00 p.m. - 8:00 p.m.

HATHA YOGA

Gentle Hatha Yoga teaches movement and breathing that make a big difference in the way you feel. Learn to manage stress, become more flexible, energized and relaxed.

Day: Monday Time: 6:30 p.m. - 7:30 p.m.

Cost: \$30.00/month

Instructor: Sylvia Castelluzzo, UCSD Yoga Teacher

COMING SOON: Pilates and Yoga Classes on Monday & Pg ² Wednesday morinings starting in January, 2007.

Youth Programming

TINY TOT

The Tiny Tots program is not offered during the summer. The program will start back on September 18, 2006.

Days: Monday, Tuesday, Wednesday

Time: 9:30 a.m. - 12:30 p.m. \$80.00/one day a week Cost:

\$155.00/two days a week

\$200.00/three days a week

Instructor: Darlene Lane



PEE WEE SPORTS

The Pee Wee Sports is a monthly class that introduces young children to soccer, basketball, baseball and other fun athletic activities. The class is designed to teach

fundamentals and team work.

Day: Wednesday Time: 4 - 6 years old

4:00 p.m. - 4:45 p.m.

Cost: \$20.00/month



TENNIS CLASSES

Tennis classes taught by Mr. James Brooks, USTNA Certified (20 years of teaching experience with community youth and adults) are designed to accommodate the skill/learning level of each student. Individual and small groups lessons are taught. Contact Mr. Brooks at (858) 715-3908 for class openings. Lessons will be made up only if rained out or

canceled by the instructor. Days: Monday - Friday

3:30 p.m. - 7:30 p.m. Time:

Days: Saturday

Time: 8:30 a.m. - 3:30 p.m.



CAPOEIRA (Dance & Martial Arts)

Capoeira is a centuries old Brazilian Martial Arts that teaches self defense, flexibility, strength and discipline. The class is a combination of different exercises and activities, including a student circle. Students will demonstrate their moves to music

Days: Wednesday

Time: 5:30 p.m. - 7:00 p.m.

\$40.00/month Cost:

Instructor: Orlando Machado

WINTER BASKETBALL LEAGUE

Season dates: January 12 - March 17, 2007 Divisions: 6 - 7 years old Cost: \$35.00 8 - 10 years old \$55.00 11 - 12 years old \$55.00 13 - 14 years old \$55.00

Registration: November 1 - December 8, 2006

Draft dates:



YOUTH SELF DEFENSE

The Junior Kai Ling Do School of Self Defense meets at the Clairemont Friendship Senior Center. A five week continual session taught by Sigung Gary Reinhardt, sixth degree black belt with over 24 years of experience. Discipline, respect and responsibility are the areas

developed.

Ages: 3 years old & up \$35.00/5 weeks Cost: Day: Thursday

Time: 4:45 p.m. - 5:45 p.m.

Discount for 3 or more family members

CITY OF SAN DIEGO DEPARTMENT DANCE CLASSES

Registration: Monday, September 18, 2006

Monday

Fall Session: September 25, 2006 - January 20, 2007

\$35.00 Cost:

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Times: 3:30 p.m. Pre Tap 4 - 5 years old 4:15 p.m. Tap Beginner 6 - 17 years old 5:00 p.m. Jazz I Beginner 6 - 17 years old 5:45 p.m. Ballet I Beginner 7 - 17 years old 6:30 p.m. Tap/Jazz Intermediate 6 - 17 years old



south Clairemont Recreation Center



General Information

(Programs and fees subject to change without prior notice.)

HOURS OF OPERATION

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



9:30 a.m 7:00 p.m.
9:00 a.m 8:30 p.m.
2:00 p.m 7:00 p.m.
2:00 p.m 7:00 p.m.
2:00 p.m 6:00 p.m.
10:00 a.m 3:00 p.m.
CLOSED

STAFF

Cathy Anzuoni Area Manager II
Teri Adams Center Director II
John Lavery Recreation Leader I
Darlene Smith-Lane Recreation Leader I
Jose LaFarga Grounds Maintenance Worker II

Adult Programming

SENIOR BRIDGE

The South Clairemont Senior Citizens

Bridge club is open to all interested people.

Day: Monday

Time: 9:15 a.m. - 2:15 p.m.

SVAROOPA YOGA GENTLE HEALTH YOGA

Gentle Hatha Yoga, Svaroopa style, is designed for all ages to gently release the spine through simple but precise poses and alignments. The classes are for beginning and continuous students. Let go of your back pain and join today! For more information, call Martina at (619) 788-3010.

Days: Wednesday

Time: 5:15 p.m. - 6:45 p.m. Cost: \$55.00/5 classes pass

\$14.00/Drop in

CERAMIC CLUB

Day: Monday

Time: 9:00 a.m. - 12:00 p.m.

Cost: \$5.00/month

PHYSICAL FITNESS FOR OLDER ADULTS

Free lively chair exercises with 1 - 3 lbs. weights, Chinese calisthenics and line dancing to great music. Class is offered through Adult Education. Sign-up anytime with Instructor Faye Silverstein.

Days: Tuesday

Time: 9:00 a.m. - 11:30 a.m.



South Clairemont Recreation Council meets on the fourth Thursday of each month at 4:30 p.m. in the Craft Room. The council serves a s advisory group to the City of San Diego Park and Recreation Department.

ANNOUNCEMENT

IKEBANA

FLOWER ARRANGEMENT

For Beginners and Intermediate. Peace and Harmony through Flower Arrangement.

OHARA SCHOOL OF IKEBANA FLOWER DESIGN

Day: Thursday

Time: 9:30 a.m. - 12:30 p.m.

Cost: \$6.00/class

Instructor: Akiko Bounland, Grand Master



YOUTH PROGRAMMING

TINY TOTS

Tiny tots consists of recreational learning, games, singing, crafts and nature walks. Children must be potty trained.

Fall Session:

September 5 - November 2, 2006.

Ages: 3 - 5 years old

Days: Tuesday, Wednesday & Thursday

Time: 9:00 a.m. - 1:00 p.m.

Cost: \$325.00 3x a week

\$250.00 2x a week

No daily rates or drop-ins allowed.

NO EXCEPTION!!

TAP DANCE

This class is taught through the San Diego Park and Recreation Department's Dance Program. Pre-registration for dance classes is Tuesday, September 19, 2006.

Fall Season:

September 26, 2006 - January 20, 2007

Ages: 4 - 16 years old Cost: \$35.00/semester

Call the center for more information.



YOUTH BASKETBALL INSTRUCTION

Work on your dribbling, rebounding and shooting with a high school basketball coach.

Ages: 8 - 12 years old

Day: Wednesday Time: 5:30 - 6:30 pm Cost: \$5.00/month



TINY TOT GYMNASTICS

Tiny tots will participate in stretching, tumbling, balance drills, along with beam and mini-trampoline excercises. Sign-up monthly.

Ages: 3 - 5 years old

Days: Friday

Time: 3:15 p.m. - 4:00 p.m. Cost: \$30.00/1 day a week

BEGINNING GYMNASTICS

Ages: 6 years old & up

Days: Friday

Time: 4:00 p.m. - 5:00 p.m.

Cost: \$30.00/1 day a week

ADVANCED GYMNASTICS

(Includes Rythmic Gymnastics.

Ages: 6 years old & up

Day: Friday

Time: 5:00 p.m. - 6:00 p.m.

Cost: \$30.00/month

KARATE (TANG SO DO) FOR YOUTH

Karate builds character, self esteem and discipline. It is also great exercise! A black belt program is also available.

Ages: 6 1/2 years old & up

Day: Monday

Time: 4:45 p.m. - 5:30 p.m.

Cost: \$27.00/month*

INTERMEDIATE & ADVANCED KARATE

Days: Wednesday

Time: 6:00 p.m. - 7:00 p.m.

Cost: \$27.00/month







SOUTH CLAIREMONT PROGRAMMING CONTINUED

DRUM CIRCLE**

This class is designed for everyone. Reading is not necessary, but helpful. In this non-intimidating class, you will have loads of fun. If you liked the movie Drumline, you will love this class. A concert is given at the end of the session. A minimum of 20 students must be enrolled on the first day of class.

Drums are provided, however, if you

have one, bring it. Free drum sticks for all participants.

Ages: All

Day/Time: T.B.A.

Cost: \$100.00/10 weeks or

\$50.00/10 weeks*

*If enrolled in any other class taught by Instructor Thomas Alforque.

GENERAL MUSIC**

Great class for students exposed to little or no music at all. Students will learn the basic fundaments of music (i.e. staff, treble clef, music note value, etc.) Each student will experience music by reading simple music notation through movement, singing songs, and playing percussion instruments.

Grades: K - 2 Day/Time: T.B.A.

Cost: \$100.00/10 weeks Instructor: Thomas Alforque

KIDZ ART

Kidz Art is a drawing based art enrichment program that builds self-confidence, focus and problem solving skills in a safe and non-competitive environment. Students use only artist quality materials which are provided by the instructor. KidzArt creates a fun environment where students can experience relaxation, introspection and true self expression with their art. Through this process, KidzArt builds confidence in both beginner and advanced students. Call or e-mail Allison Wheeler at (858) 272-9529 or info@sdkidzart.com or visit www.kidzart.com for more information.

Day: Friday

Time: 4:00 p.m. - 5:00 p.m.

Ages: K - 3rd grade Cost: \$80.00/6 weeks

Register today!

BASIC FUNDAMENTALS OF MUSIC PART 1**

In this class, students will learn the basic fundamentals of music. Students will be introduced to music families (i.e. woodwing, brass, stings and percussion.) By the end of the session, students will have decided on that perfect musical instrument he or she will play in part 2 of Basic Fundamentasl of Music. A minimum of 10 students must be enrolled by the first day of class.

Grades: 3 - 6

Day/Time: T.B.A.

Cost: \$100.00/10 weeks Instructor: Thomas Alforque



BASIC FUNDAMENTALS OF MUSIC PART 2**

With emphasis on one of the following instruments: violin, flute, clarinet, saxophone, trumpet/baritone, drums, learn the basic fundamentals of music while you learn your favorite instrument. This class is designed to put you at the top of you music class in the fall. Instruments are available for a nominal fee and may be used during upcoming school year.

Grades: 3 - 6
Day/Time: T.B.A.

Cost: \$100.00/10 weeks Instructor: Thomas Alforque

**Call (858) 583-4596 or (951) 809-1463 more for information.







Cadman Recreation Center General Information

(Programs and fees subject to change without prior notice.)

STAFF

Cathy Anzuoni Area Manager II
Rob Powell Center Director I
Kathy Aguirre Recreation Leader I
Miles Bailey Recreation Leader I
Bill McClurg Grounds Maintenance Worker II

HOURS OF OPERATION

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



CLOSED
9:00 a.m - 7:00 p.m.
12:00 p.m 9:00 p.m.
12:00 p.m 7:00 p.m.
12:00 p.m 6:00 p.m.
9:00 a.m 5:00 p.m.
CLOSED

Adult Programming

MEN'S 4 ON 4 OUTDOOR BASKETBALL LEAGUE

League classified as C/D Division.

Day: Saturday

Time: 10:00 a.m. - 4:00 p.m.

Fees: \$200.00/team (league fee) plus

\$18.00/game (referee/scorekeeper fee)

SAN DIEGO COMMUNITY COLLEGE

Day: Wednesday

Oil Painting

Time: 9:00 a.m. - 12:00 p.m.

Portraiture

Time: 1:00 p.m. - 4:00 p.m.

For more information, please call (619) 221-6973.





Youth Programming

WINTER BASKETBALL LEAGUE

Season dates: January 12 - March 17, 2007

Divisions: 6 - 7 years old Cost: \$35.00

8 - 10 years old \$55.00 11 - 12 years old \$55.00

13 - 14 years old \$55.00

Registration: November 1 - December 8, 2006

Draft dates: Thursday, December 7, 2006 Friday, December 8, 2006

CERAMICS

Ages: 6 - 12 years old Day: Wednesday

Time: 4:30 p.m. - 5:30 p.m.

Cost: Free

ARTS AND CRAFTS

Ages: 2 - 12 years old
Day: Tuesday & Thursday
Time: 4:30 p.m. - 5:30 p.m.

Cost: Free

PEE WEE SPORTS

The Cadman Pee Wee Sport Program is designed to teach youngsters the basic fundamentals of sports taught in a fun environment.

Ages: 4 - 6 years old

Day: Thursday

Times: 3:15 p.m. - 4:00 p.m.

Cost: \$10.00/month

Starts: Monthly

MULTI SPORTS

The Cadman Multi Sport Program is designed to teach children skill in multiple sports including basketball, football, baseball, hockey and soccer.

Ages: 8 - 12 years old

Day: Tuesday

Times: 1:30 p.m. - 2:45 p.m. Cost: \$25.00/8 week session

Starts: Monthly











REGISTRATION INFORMATION

- Registration is on a first come, first served basis until full.
- Registration is on a monthly basis, unless otherwise noted.
- Registration is held the first 2 weeks of the session/month.
- Late registration will not be accepted. Register prior to the start date of each session/month, but no later than the second class meeting.
- Please bring check or money order when registering for classes. If paying cash, please bring Exact Change.
- A reduced fee waiver is available upon request, for low income families. Fee waiver requests require a copy of your last income tax form. There is also a limited number of scholarships available through both the North Clairemont and South Clairemont Recreation Councils.
- There will be a \$25 service fee on all returned checks.
- Registration prices are for San Diego residents.
- Non-residents are subject to a higher registration fee.
- Classes may be cancelled due to lack of enrollment, instructor illness and changes in operating hours.
- Fees for classes will not be prorated.

.VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 685-1324.

HOLIDAYS

Recreation Centers are closed on all City holidays:

Monday, September 4, 2006 Monday, December 25, 2006

Friday, November 10, 2006 Monday, January 1, 2007

Thursday, November 23, 2006

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Gary Stromberg, Deputy Director CPI Division, (619) 221-8910

Halloween Carnival



Games, R

Friday, October 27, 2006

4:00 p.m. - 8:00 p.m.

At North Clairemont Recreation Center
4421 Bannock Avenue

San Diego, CA 92117



Games, Raffle, Rides, Crafts, Cake Walk
Costume Contest
\$5.00/Unlimited Rides
\$2.00/Halloween Bag with Goodies



For more information, call the North Clairemont Recreation Center at (619) 581-9926.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 221-8918) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR. WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

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THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

COMMUNITY PARKS I DIVISION



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4421 Bannock Avenue San Diego, CA 92117 (858) 581-9926

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3605 Clairemont Drive San Diego, CA 92117 (858) 581-9924

CADMAN RECREATION CENTER

4280 Avati Drive San Diego, CA 92117 (858) 581-9929

CLAIREMONT COMMUNITY POOL

3601 Clairemont Drive San Diego, CA 92117 (858) 581-9923

CLAIREMONT COMMUNITY SERVICE CENTER

4731 Clairemont Drive San Diego, CA 92117 (858) 581-4111



Tecolote Recreation Center

4675 Tecolote Road San Diego, CA 92110 (858) 581-9930 www.sandiego.gov



Fall Program 2006

Effective September 6 - March 31, 2007



PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

4675 Tecolote Road • San Diego CA 92110 • (858) 581-9930

Tecolote Recreation Center General Information

(Hours subject to change without prior notice.)

HOURS OF OPERATION

Monday, Tuesday Wednesday Thursday Friday Saturday Sunday



12:30 p.m. - 7:00 p.m. 12:30 p.m. - 9:00 p.m. 1:00 p.m. - 6:00 p.m. 10:00 a.m. - 5:00 p.m.

"TOTALLY TODDLER" MOMMY & ME

This program is set-up for moms and children to meet others while enjoying fun games, song time and crafts. This will allow your tiny tot to learn many early skills and make great friends! Snack will be provided. A minimum of 5 children must be enrolled *prior* to the first day of class. Session: November 24, 2006 - January 5, 2007

No classes December 25, 2006 & January 1, 2007

Cost: \$50.00/5 weeks Ages: 2 - 4 years Day: Tuesday

Times: 10:30 a.m. - 12:30 p.m.

-or-

Ages: 2 - 5 years
Day: Friday

Times: 10:00 a.m. - 12:00 p.m.

CREATIVE CRAFTS

Have your child explore their creative side with fun, exciting and sometimes messy craft projects! Come join us and learn to make slime, clay pots, tissue paper flowers and much more. Don't miss out on this weeks project.

Ages: 5 - 10 years Day: Wednesday

Time 4:00 p.m. - 4:45 p.m.

Cost: Free

TECOLOTE YOUTH BASEBALI

T- ball and baseball Pony organization for ages 5 to 14.For more information, please visit their website at: www.tecolotebaseball.org



Mary Ngai Area Manager II
Rosalia Castruita Center Director I
Ann Zachau Recreation Leader I
Billy Bright Grounds Maintenance Worker II

MAGIC THE GATHERING CLUB

Dive into the fantasy world with this exciting card game! Participants must bring their own Magic Card Deck. No experience necessary. All experience levels welcome.

Day: Tuesdays

Time: 2:30 pm - 5:30 pm

Cost: Free

COINEERS COIN CLUB

Learn about your coin collection through the help of these experts. This fun and informative club meets the 3rd Thursday of every month at 7:00 p.m. Join us for discussions, coin auctions and videos. Come show off your collection!

Call for more information (619) 466-4252.

TORREY PINES SCALE SOARING SOCIETY

Come soar through the sky with your model air planes and gliders! This high tech club meets the 4th Thursday of every month at 7:00 p.m. to discuss gliders, remotes, as well as, structure and materials. Show off your prize glider or just get tips and tricks of the trade!

RECREATION COUNCIL

Tecolote Recreation Center is a public facility operated by the City of San Diego Park and Recreation Department and the Tecolote Recreation Council. The Council meets the second Thursday every other month at 6:30 p.m. to discuss issues, programs and upcoming special events. Please call for dates and details.





